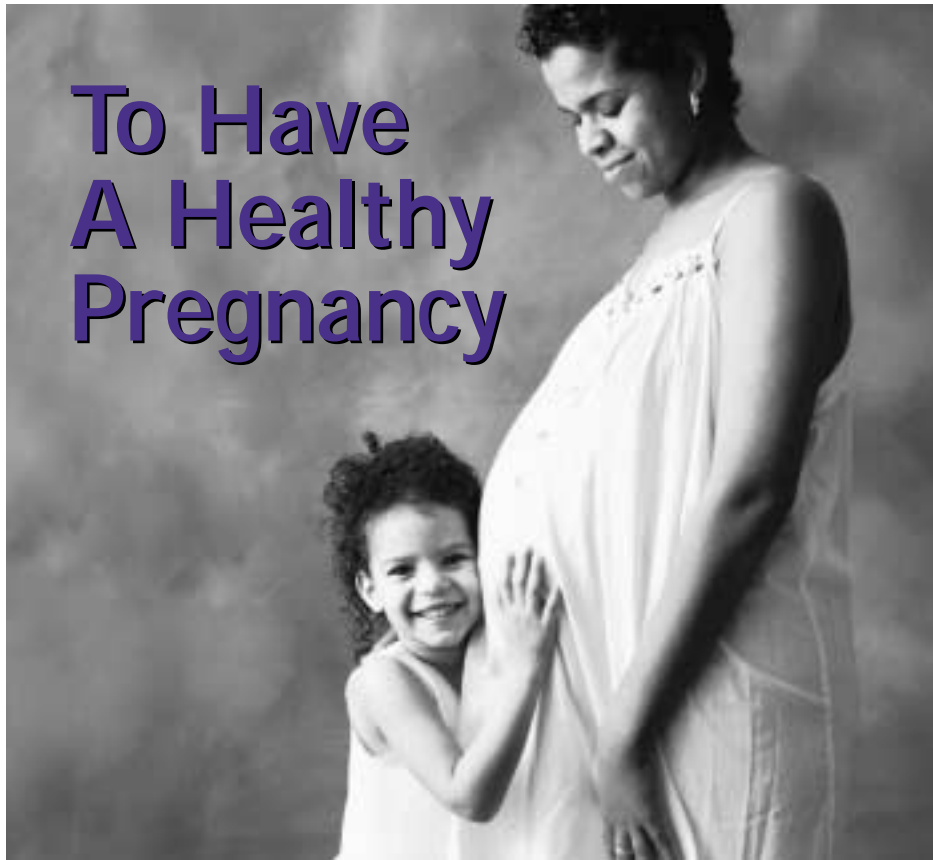


# To Have A Healthy Pregnancy



Your Healthy Baby

CALIFORNIA  
 **CHILDREN  
& FAMILIES**  
PARTNERSHIP

A Partnership of the  
California Children & Families Commission  
and the Children & Families County Commissions

# Your Healthy Baby



## Tips To Remember

You can make a difference in how your baby grows by taking good care of yourself. Both you and your baby can be healthy.

- Start prenatal care as soon as you know you are pregnant.
- Eat food that is good for you.
- Exercise every day.
- Take prenatal vitamins that include folic acid. It helps prevent birth defects.
- Get plenty of rest every day.
- Have morning sickness? Eat small healthy meals throughout the day.
- Drink plenty of water.
- Lower the stress in your life.
- Don't drink alcohol, smoke or take drugs.
- Plan on breastfeeding your baby.



## Things To Do To Have A Healthy Baby

What you do makes a difference to your baby.

You help your baby when you:

- Get good prenatal care while you are pregnant.
- Eat healthy foods.
- Keep active.
- See your dentist.
- Lower your stress.
- Stay away from cigarette smoke, alcohol and other drugs.

# Your Healthy Baby



## Get Care As Soon As You Think You Are Pregnant

- Go to your health clinic or doctor as soon as you think you are pregnant.
- Get check-ups at least once a month or more often if your clinic or doctor says to.

## Ask To Be Checked For Sexually Transmitted Diseases (STDs) And Other Diseases

- STDs and other disease can spread to your unborn baby.
- They could harm you and your baby.
- Treatment can help.

## Eat Healthy Foods While You Are Pregnant

Eating well keeps both you and your baby healthy.

### Here are some food tips:

- In the first few months of pregnancy you might feel sick. It helps to eat small meals several times a day.
- Drink lots of water. Drink milk and 100% fruit juices too.
- You need to eat different kinds of foods every day.

### You should have:

- 6-11 servings of grains, breads, and cereals.
- 3-5 servings of vegetables.
- 2-4 servings of fruit.
- 3-4 servings of milk and milk products.
- 3 servings of meat and/or protein foods.
- Limit fatty foods and sweets.
- Limit the amount of caffeine you get in coffee, tea or sodas.



# Your Healthy Baby



## You Need Folic Acid Before And During Your Pregnancy

**Folic acid helps prevent birth defects. You can get folic acid when you:**

- Take your prenatal vitamins.
- Eat cereals and grains fortified with folic acid.
- Eat beans and lentils, as well as fruits and vegetables.

**Take your prenatal vitamins every day.**

Make sure you get all the vitamins and minerals you and your baby need. Ask your health clinic or doctor what to take.



**Find out more about breastfeeding now.**

Breast milk is best for your baby. Breastfeeding will help keep your baby healthy. It can even help get your body back in shape!

## Have A Healthy Weight Gain While You Are Pregnant

- You will probably gain between 25 and 35 pounds.
- You will need to gain a little more if you were thin when you got pregnant.
- You might gain a little less if you were heavy when you got pregnant.
- You will probably gain just a few pounds in the first few months.
- Then you will gain weight faster as your baby grows.
- During the last 6 months, gaining about one pound a week is about right. Your doctor or health worker will tell you what is right for you.

**Be sure to keep active while you are pregnant.**

It helps to walk and keep active in gentle ways. It can give you more energy, and it helps you stay healthy. Talk to your doctor or health worker about what exercise is best for you.

# Your Healthy Baby



## See A Dentist While You Are Pregnant

Tooth decay or gum disease may cause problems for you and your baby.

- Your baby could be born too early, too small or both.
- Your baby could get tooth decay later on from the germs in your mouth.
- You could have pain and tooth decay.
- You could lose your teeth.

If it has been more than a year since your last visit to a dentist, make an appointment now. Your doctor or clinic can refer you. Or call the California Dental Association at **(800) CDA-SMILE**



## Do Not Smoke While You Are Pregnant

If you are pregnant or thinking of getting pregnant, now is the time to quit smoking. When you smoke your baby smokes too.

Chemicals from the smoke may harm your unborn child. Your baby may not get the oxygen and other things needed to grow healthy.

**Smoking during pregnancy can cause many problems:**

- You could have a miscarriage.
- Your baby could be born too small or too early. Smaller babies have more problems. They are sick more. They spend more time in the hospital after they are born.
- After the baby is born, he or she may have more colds. Your child could also have breathing problems like asthma and allergies.
- Sudden Infant Death Syndrome (SIDS) happens more often in babies whose mothers smoke.

# Your Healthy Baby



## Quit Smoking As Soon As You Can

It is best for you to quit smoking before you are pregnant. But you help your baby when you stop smoking at any time. It may be easier to quit when you first get pregnant.

- Smoking may make you feel sick.
- Smoking may not taste good.

Even if you quit later, it helps your baby. The earlier you stop smoking, the better. But it is never too late to quit!

Once you have stopped smoking, don't start again. Even after your baby is born, you should not smoke. You can keep your baby's air clean by not starting again.

### **Protect yourself and your children from secondhand smoke.**

Secondhand smoke can harm you, your baby and your family.

- Secondhand smoke is what you breathe when someone smokes around you.
- You can protect your family and your unborn baby.
- Make sure no one smokes around you or your children.

## Get Help To Stop Smoking

- Ask for help from your doctor, family and friends.
- Make a list of reasons of why you want to quit.
- Set a quit-date. The sooner the better.
- Ask for stop smoking materials and read them.

### **Once you have decided to stop:**

- Get support – let your friends and family know you are quitting.
- It may be easier to stop all at once.
- Or you can try to give up one cigarette each day until they're down to none.
- Nicotine patches or gum and other medications can help you quit.
- Acupuncture and herbs may also help.



Call the California Smoker's Hotline at  
**(800) NO-BUTTS** to get help quitting for yourself or someone you love.

# Your Healthy Baby



## When You Have The Urge To Smoke...

**Wait out the urge to smoke – it will pass.**

You can:

- Drink water.
- Take deep breaths.
- Take a walk or exercise.
- Eat something healthy. Raw vegetables make a great snack.
- Chew sugarless gum.
- Promise yourself a special treat when you have finally stopped.
- Call a friend.
- Call the California Smokers Helpline at **(800) NO-BUTTS**

## Don't Worry About Weight Gain When You Quit Smoking

You may be worried that you will gain weight when you stop smoking.

- You actually need to gain weight during your pregnancy.
- The weight should come from eating healthy foods.
- Do not eat a lot of sweets and junk food.
- Your doctor or nurse will talk to you about healthy foods to eat.
- Healthy foods help your unborn baby to grow right.



# Your Healthy Baby



## Stay Active While You Are Pregnant

It is also good for you to stay active.

- You can take a brisk walk!
- Check with your doctor or nurse to see what is right for you.
- Staying active helps you and your baby keep healthy.
- It can also help you from gaining too much weight.



## Do Not Drink Or Use Drugs While You Are Pregnant

**Whatever you smoke, drink or use may harm your baby.**

You should know that:

- Alcohol use can cause babies to be born with small heads, heart defects and other problems.
- Drug use can also cause babies to have brain damage or birth defects.

If you need help to stop smoking, drinking or using drugs, ask your doctor or clinic.

**Even some kinds of medicines can harm your baby.**

Tell your doctor or health workers about what type of medications you take. Ask your doctor before you use any kind of medicine, even aspirin.

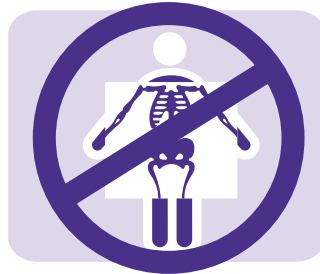


# Your Healthy Baby



## Stay Away From These Things While You Are Pregnant:

- X-rays, unless your doctor tells you that you need them.
  - ♦ Tell the X-ray technician you are pregnant.
  - ♦ Ask to wear a lead apron to protect your baby.
- Hot tubs, saunas or steam rooms.
- Cat litter box. It can cause an infection that could hurt your baby. Ask someone else to change the cat litter box.
- Meat that is undercooked.



## Have Your Doctor Or Clinic's Number Handy

### Call your clinic right away if:

- There is a big change in the way your baby moves.
- You have a sudden flow of water from your vagina.
- Your face or hands swell up.
- You have a terrible headache that goes on for days.

### You should also call right away if:

- Your uterus tightens up more than 5 times in one hour.
- You have pain or pressure in your thighs or around your vagina.
- You see a change in the discharge that comes out of your vagina.
- You have any bleeding from your vagina.
- You have a fever or chills.
- You feel dizzy.

# Your Healthy Baby



**Call your doctor or clinic office if you have any questions.**

- Make sure you keep all your appointments.
- At every check-up, your doctor will listen to your baby's heartbeat and make sure you and your baby are fine.
- You can also get your questions answered.



## Where You Can Find Help

Have questions about pregnancy, birth, or baby care?  
Call these free numbers from anywhere in California.

Want to know more about low cost or free prenatal care?

Call the **AIM Program (800) 433-2611**  
or **BabyCal (800) 222-9999**

Want to find out about eating healthy foods during your pregnancy and about breastfeeding?

Call **Women, Infants and Children (WIC)**  
**(888) 942-9675**

Want to find out more about breastfeeding?

Call **La Leche League**  
**(800) 525-3243**

Trying to quit smoking?

Call **California Smoker's Helpline**  
**(800) NO BUTTS**  
**(800) 662-8887**

Need a Dentist?

Call **California Dental Association**  
**(800) CDA-SMILE**  
**(800) 232-7645**

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For more information, please call **(800) KIDS-025**.

